

Are you a high school student interested in pursuing a career in Healthcare?

The healthcare field is an ever growing field. As technology advances, each role in the healthcare system becomes more and more specialized, requiring in-depth training and constant continuing education for everyone in the workforce. Because of this, resources are limited and collegiate health profession programs are more selective of their incoming students. **How does a high school student begin to prepare for a healthcare career, along with having and make their application stand out when applying to collegiate programs after high school?**

1 Participate in Lakeshore Health Care Alliance Programming

The LSHCA is a collaboration of healthcare, educational and community organizations in Sheboygan and Manitowoc Counties that work to strengthen the healthcare workforce.

For High school students, they offer a variety of opportunities for students to learn about the vast array of healthcare professions available, the education requirements to enter those fields, participate in activities that mimic skills necessary for the profession, take courses specific for the healthcare field, and opportunities to see professionals working in the healthcare environment.

Although students will not have direct contact with patients (as most of those experiences are only available to students enrolled in collegiate programs), these programs are great opportunities for students to get a better idea of the many healthcare careers available to them and to see what it would be like working in those professions. These programs include:

1. Career Experience Events
2. Health Careers Summer Camp
3. Health Careers Academy
4. AHEC Health Science Presentations

More information on all these programs can be found on the LSHCA Website at lshca.org.

2 Get involved in Extracurricular Activities

Employers and colleges want to see that there is more to life than just going to school. Be involved in extracurricular activities and start to develop skills that can help you down the road in the workforce. To work in the healthcare field, it is important to understand what it is like to:

- Behave in a professional manner
- Be responsible
- Work with other people
- Work as part of a team
- Be comfortable in social situations
- Have respect for all individuals
- Be able to take direction
- Take initiative
- Care for other people's well-being

These skills can be learned outside the classroom! These skills can all be developed with increased involvement in the community. **Whether you are participating in extracurricular activities at school, being a part of sports team, having a part-time job, or are volunteering in a healthcare facility or within your community;** it is important to begin developing professional behaviors and gaining experiences that will help you be a better person and worker.

3 Do Your Best in School

You do not need to be the valedictorian of your class to get into college, but it is still important that you work hard and put forth your best effort! **Students pursuing the healthcare field should focus their high school courses on math and science electives as these fields are the foundation of most healthcare professions.** If available, examples of classes to take are:

- Medical Occupations
- Biology
- Chemistry
- Psychology
- Physics
- Algebra/Calculus
- Anatomy & Physiology
- Foreign Language
- Any Advanced Placement (AP) Courses!

Additionally, collegiate programs want to see that you have challenged yourself with some upper level coursework and have an interest in learning new and challenging things. The field is constantly changing and professionals must stay sharp and on top of the latest information. Individuals interested in the healthcare field have to have a thirst for knowledge!